

Volume 15, Issue 8

July 26, 2013

THE WIDE

The Official Publication of Joint Task Force

Snapping Success!

Stockin' the Cuzcos

Keeping JTF Trooper housing
supplied with the necessities

Bump, set, spike!

MWR volleyball courts set for
action



AROUND THE BAY

AND IN OUR PAGES



8 **Life in Boots**
Marine keeps Troopers stocked at Cuzcos



12 **Trooper Focus**
Serving up sandwiches with a smile



14 **Slammin' in the sand**
Beach Volleyball pit opens with tournament



Cover Story

Cover photo by Stephen Prestesater

MWR offers aspiring photographers chance to improve skills with PGA Tour professional. PAGE 10

Other Stories

4 *Command Corner*

6 *Reviews of the latest movies on base*

13 *FOCUS: Teamwork makes surgeon successful*

19 *Meals with Monroe*

BAY WIRE REPORT

Final chance to hike GTMO history



The final history hike of 2013 is scheduled for Saturday July 27 at 8 a.m., at the Ferry Landing Gazebo.

Learn more about the history of the first Marines who landed on Guantanamo Bay in 1898 through the words of Alan Adler.


This seven mile tour will give you lay of the land and a historical overview of the battles at GTMO.

For more information, call Alan Adler at ext. 8100 or alan.j.adler@jtfgtmo.southcom.mil.

Feds Feed Families Fridays

U.S. Naval Station Guantanamo is fundraising monetary donations in lieu of sending non-perishable food items back to the States, every Friday from 4 p.m. to 7 p.m., at a table in the NEX Breezeway.

Donations may also be dropped off at the chaplain's office. All proceeds will go to the Regional Food Bank in Oklahoma City, Okla., to support hungry families affected by the May 2013 tornadoes.

**MAIL CALL**
IMPORTANT NOTICE

The JTF GTMO Post Office will be closed **Aug. 12-15** and will reopen on Aug. 16 at 12 p.m. The NAVSTA Post Office will be closed on Aug. 12 and will reopen on Aug. 13 at 12 p.m. If you need to send mail Aug. 13-15, please take it to the NAVSTA Post Office.

All Post Offices will continue to hold Mail Call on all days.

CORRECTIONS Please report all corrections to thewire@jtfgtmo.southcom.mil
The following information was printed incorrectly in the July 19, print issue of The Wire:

Page 4: The photo on Trooper to Trooper incorrectly identified Sgt. 1st Class Patrick Burns



THE WIRE

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Religious Services

NAVSTA Chapel

Catholic Mass
Tues.-Fri. 5:30 p.m.
Saturday 5 p.m.
Sunday 9 a.m.

Spanish-language Mass
Sunday 4:35 p.m.

General Protestant

Sunday 11 a.m.
Gospel Service
Sunday 1 p.m.
Christian Fellowship
Sunday 6 p.m.

Chapel Annexes

Pentecostal Gospel
Sunday 8 a.m. & 5 p.m.,
Room D

LDS Service
Sunday 10 a.m., Room A

Islamic Service
Friday 1 p.m., Room 2

Seventh Day Adventist
Friday 7 p.m., Room 1
Sabbath School-
Saturday 9:15 a.m., Room 1
Sabbath Service-
Saturday 11:15 a.m., Room 1

JTF Trooper Chapel

Protestant Worship
Sunday 9 a.m.
Sunday 7 p.m.

Transportation Schedules

Bus #1, 2, 3:

Camp America - :00, :20, :40

Gazebo - :02, :22, :42

NEX trailer - :03, :23, :43

Camp Delta - :02; :06; :26, :46

KB 373 - :10, :30, :50

TK 4 - :12, :32, :52

JAS - :13, :33, :53

TK 3 - :14, :34, :54

TK 2 - :15, :35, :55

TK 1 - :16, :36, :56

West Iguana - :18, :38, :58

Windjammer/Gym - :21, :41, :01

Gold Hill Galley - :24, :44, :04

96 Man Camp - :31, :51, :11

NEX - :33, :53, :13

Gold Hill Galley - :37, :57, :17

Windjammer/Gym - :36, :56, :16

West Iguana - :39, :59, :19

TK 1 - :40, :00, :20

TK 2 - :43, :03, :23

TK 3 - :45, :05, :25

TK 4 - :47, :07, :27

KB 373 - :50, :10, :30

Camp Delta 1 - :52, :12, :32

IOF - :54, :14, :34

NEX Trailer - :57, :17, :37

Beach Bus

Sat. and Sun. only - Location #1-4
Winward Loop - 0900, 1200, 1500, 1800

East Caravella
SBOQ/Marina 0905, 1205, 1505

NEX
0908, 1208, 1508, 1808

Phillips Park
0914, 1214, 1514

Cable Beach
0917, 1217, 1517

Winward Loop
0930, 1230, 1530

NEX
0925, 1225, 1525, 1825

SBOQ/MARINA
0935, 1235, 1535

Return to Office
0940, 1240, 1540

JOINT TASK FORCE GUANTANAMO



SAFE



HUMANE



LEGAL



TRANSPARENT



Lessons learned with "Rusty Rifles" still holds true today

By Command Sgt. Maj. Michael Borlin
Joint Detention Group, command sergeant major

As proud serving members of the profession of arms, we always are held to high standards and are expected to meet those standards.

However, with any standard, they have to be enforced. Our Armed Forces place the weight of enforcement of our day-to-day standards on its noncommissioned officers and petty officers. As a young NCO, I had many mentors and one in particular shared a story with me that was published in one of our earlier versions of Field Manuals on Military Leadership. Reading it, it still holds the same value as it did when it was a reality:

"The Rusty Rifles Incident"

While serving in the Republic of Vietnam, Sgt. 1st Class Jackson was transferred from platoon sergeant of one platoon to platoon leader of another platoon in the same company. His company commander watched him; was impressed with his competence and leadership, and felt he was the man for the job.

Jackson quickly sized up the existing standards in the platoon and was not pleased. One problem he found was that Soldiers were not keeping their weapons cleaned properly; rifles were dirty and rusty. He knew he had to institute a system of checks to ensure weapons were cleaned daily. He put out the word--weapons will be clean to standard each day, each squad leader would inspect each day, and he would inspect a sample of weapons each day. He gave this order three days before the platoon was to go to the division R&R area on the South China Sea.

The next day he checked several weapons in each squad. Most weapons were still unacceptable. He called the squad leaders together and explained the policy and his reasons for implementing it. Jackson checked again the following day and still found dirty and rusty weapons. He decided there were two causes for the problem. First, the squad

leaders were not doing their jobs. Second, the squad leaders and troops were bucking him--testing him to see who would really make the rules in the platoon. He could feel the

resistance to his leadership--probably because he was new and had been the platoon sergeant in another platoon. He knew he had a serious discipline problem and he had to handle it correctly. He called the squad leaders together again. Once again, he explained his standards clearly. He then said, "tomorrow, we are due to go on R&R for three days, and I'll be inspecting rifles. We won't go on R&R until each

weapon in this platoon meets the standard I have explained--rifles totally clean and rust free with a light coat of oil."

The next morning Jackson inspected and found that most weapons in each squad were still below standard. His patience had reached its limit. His squad leaders and troops had to learn that his standards would be met.

Although the platoon was to board a helicopter for R&R at 1300, Jackson received the company commander's permission to handle the situation as he saw fit. He called the squad leaders together. With a determined look and a firm voice, he told them he would hold a formal in-ranks inspection at 1300. If every weapon did not meet standards, he would conduct another in-ranks inspection for squad leaders and troops with substandard weapons. He would continue the inspections until all weapons met standards.

At 1300, the platoon formed up, surly and angry with their new platoon leader who was taking their hard-earned R&R time. Jackson conducted a formal in-ranks rifle inspection. The Soldiers could hardly believe it, but his message was starting to sink in. This man meant what he said, and this time all weapons met standards.

After the inspection, Jackson talked to his Soldiers and explained they had a mission to perform. As their leader, he was responsible for ensuring their weapons and equipment were combat-ready. Duty and readiness

come first. He told them, "When I put out an order, a standard, or a policy, your duty is to carry out, and I will hold you to that. I intend to carry out my duties as best I can. That includes accomplishing the mission while looking out for your well-being. Weapons that aren't cleaned and properly maintained will jam in a firefight. That won't help carry out the mission or keep you alive. Part of my duty is to make you do certain things that are in your own interest. One of those things is to make sure you keep your weapons clean."

Jackson did not have any more problems with dirty, rusty weapons. Also, his squad leaders followed his lead and learned to supervise and inspect systematically for those details that contribute to combat-readiness. Within a few weeks, he had a pretty fair platoon; in two months, it was outstanding. Holding Soldiers accountable for meeting standards was critical to producing this combat-effective platoon.

This tidbit of a leader in action demonstrates that leadership and holding Troopers accountable for their actions is still as viable today as it was yesterday. All Service members want to be challenged with the task at hand while being provided strong leadership that holds them individually accountable...they do not want to be coddled. This is true regardless of the rank or position you hold.

The individual accomplishments of a Service member develops and establishes the pride within that individual. The accomplishments of the team establishes the pride in being a member of the team, unit, organization, task force, etc.

Here within JTF-GTMO we are all part of the collective team and our accomplishments are great. The only way the team comes together to accomplish so much is holding one another accountable for the collective and individual task at hand that supports the team, both on and off duty. We only do this with the most simplest of leadership charge, enforcement of standards.



Command Sgt. Maj. Michael Borlin

By Sgt. 1st Class Gary McCline

Joint Detention Group



Sgt. 1st Class Gary McCline

As an officer with the Bureau of Prisons at a United States Penitentiary located in Texas, I take the term family very seriously.

When a co-worker is in duress or needs assistance, I will assist him or her when the time comes, no matter if I know the person well. I will come because that is a family member that needs assistance. In the Army we often use the term "Battle Buddies" for our family members.

A Battle Buddy is someone you can look toward for guidance, motivation, and who can give good constructive criticism toward you. In this type of environment, taking care of each other should be a priority for all of us.

We all know that the detention facilities are a challenging environment to work in and sometimes we get lulled in by being complacent. Sometimes we may think a shortcut is better than the SOPs. That's when a Battle Buddy should come up and say what you are doing is wrong. Let's not do it like that because something may happen that may affect all of us directly or indirectly.

I've personally witnessed shortcuts going wrong in the prison environment. My federal prison co-worker, a family member, was stabbed 20 plus times with a homemade weapon by

an inmate, because someone failed to do a proper search.

I try to instill in Soldiers that they should follow the SOPs to the fullest. They should also understand to ask questions when they don't understand. I would hate to see one of my Soldiers getting themselves or their Battle Buddy injured for not following the SOPs.

Battle Buddies are not rank specific. We all can encourage each other to drive on and finish the mission even if it seems difficult at the time. I think we all have experienced some difficult days here at GTMO. Spoken words of encouragement to someone may help them make it through a rough time.

I recall receiving a call from an Army specialist, before I was deployed here. He had just lost his job and his girlfriend was leaving him. He stated he had nothing left in life and he had a gun in his lap. I talked to that Soldier for two hours reassuring everything would be alright and gave him the resources not to give up. To me he wasn't just a specialist in my company, but he was a family member of mine I was talking to.

Finally, try to think of family when you used the term Battle Buddy. Family will go through many experiences over a course of time as will Battle Buddies. A good family member will not let you harm yourself or mess up the family's name. Neither should a good Battle Buddy allow that to happen. We should all be one strong family of Battle Buddies.

Latinos win league championship



The Latinos won the Morale, Welfare and Recreation Softball Championship game July 16 at Cooper Field.



Lyceum theater closed

Story by Petty Officer 1st Class Terry Vick

Radio GTMO News, thewire@jtfgtmo.southcom.mil

Naval Station Guantanamo Bay's Morale, Welfare and Recreation team is working hard to return the Downtown Lyceum movie theater to operational status after a component failure this past weekend caused the cancellation of some film screenings.

"Currently what we're facing is the same problem that we had at the Camp Bulkeley Lyceum that kept that down for a couple of weeks," said Michelle Maynard, Lyceum manager. "We have troubleshooted everything we could possibly do here on island, in-house."

The digital projector at the lyceum has critical failures in three of its components: the lamp, the ballast fan and the internal exhaust unit.

"We're doing everything we can to get a technician down here as soon as possible to fix the problem," said Maynard.

"In order to change out certain parts of the projector we actually have to have protective clothing because it can be dangerous. Trying to access certain parts within the projector can actually void our warranty," she said.

The CP2220 digital motion picture projector is a state-of-the-art, commercial, high frame rate, multi-format capable, advanced precision unit. It generates more than 22,000 candle power in light, can display 35.2 trillion different colors, and can project an image of up to 70-feet tall. Therefore, the MWR team wanted to ensure that all repairs were done only by a fully-certified technician.

"We understand how important the movie program is to everyone on base," said Maynard. "The movie program is very important to us as well, so we will be working diligently to get it fixed as soon as possible."

Every effort at every level is being made to expedite getting the first available certified technician with the first available required parts on the first available flight to GTMO. 🇺🇸

**Due to technical difficulties
there will be no movies
shown Friday night**

**We sincerely apologize for the
inconvenience**

**Please watch our Facebook
page for updates**

www.facebook.com/MWR-GTMO

**Movies at the Camp Bulkeley
Lyceum will proceed as
scheduled**



Now Showing!
at the Downtown and Camp Bulkeley Lyceums

Call the Movie Hotline at 4880 or visit the MWR Facebook page for more information

26 FRIDAY 27 SATURDAY 28 SUNDAY 29 MONDAY 30 TUESDAY 31 WEDNESDAY 01 THURSDAY

The Downtown Lyceum is currently down due to electronic malfunctions. We are working diligently to get a qualified technician flown in to fix these errors.

The Wolverine (New)

PG13, 8 p.m.

Pacific Rim

PG13, 10:30 p.m.

The Heat (New)

R, 8 p.m.

This is The End

R, 10 p.m.

Despicable Me 2

PG, 8 p.m.

The Wolverine (New)

PG13, 8 p.m.

The Purge (LS)

R, 8 p.m.

The Internship (LS)

PG13, 8 p.m.

The Lone Ranger

PG13, 8 p.m.

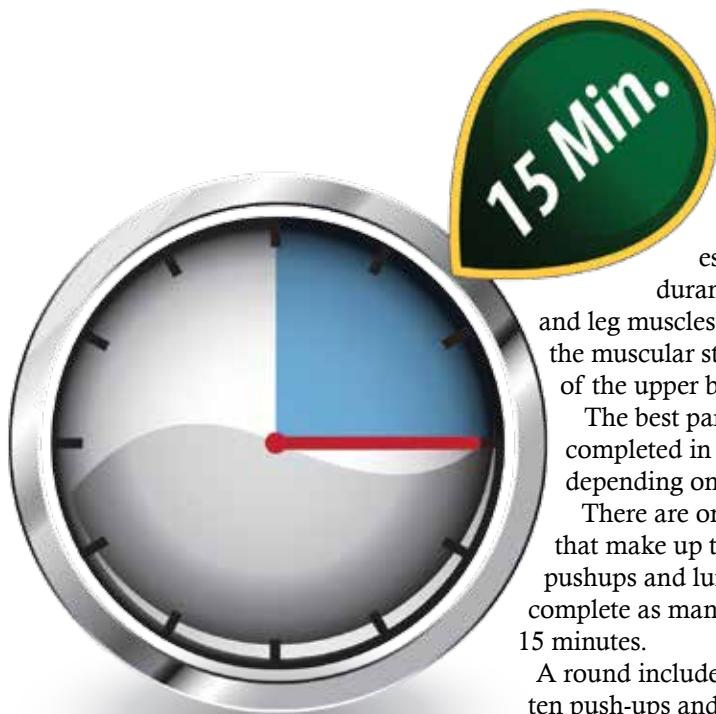
Stay classy, GTMO! No ALCOHOL or TOBACCO at the Lyceums!

(LS) = Last Showing

Maximize your potential in 15 minutes flat

By 1st Lt. Brian Pennington

Command Information OIC, thewire@jtfgtmo.southcom.mil



Graphic by Staff Sgt. Aaron Hiler/The Wire

Do you want to gain strength and endurance simultaneously?

Who doesn't?

This week's 'workout of the week' focuses on increasing the endurance of the chest, triceps and leg muscles, and at the same time the muscular strength and endurance of the upper back muscles.

The best part is that it can be completed in as little as 15 minutes depending on your level of fitness.

There are only three exercises that make up this workout: pull-ups, pushups and lunges. The goal is to complete as many rounds as possible in 15 minutes.

A round includes doing five pull-ups, ten push-ups and 20 lunges (10 each leg).

During this workout rest is allowed, but attempt to keep completing repetitions. The bottom line is to strive for constant improvement every week. If you complete 11 rounds; try 13 rounds next week.

As always, let condition be your guide. If, at the end of 15 minutes, you have more energy try five, ten or 15 more minutes.

Don't forget to hydrate, and if you're not accustomed to a rigorous plan, talk with a medical professional to make sure the workout is safe for you.

Do you have an incredible workout that you would like to share? If so, email me at thewire@jtfgtmo.southcom.mil.

My only request is simplicity; try not to include weight vests, sleds or things that might be harder for the majority of Troopers to obtain. 🏠

A battle between reality & fantasy with real-world advice

Book review by Sgt. Katherine Forbes

JTF-PAO, thewire@jtfgtmo.southcom.mil

"This is battle school, not nursery school," introduces Andrew Wiggin to the school that takes him at the age of 6 and turns him into the greatest commander of all humankind. The book "Ender's Game" is a futuristic, military science fiction, young-adult novel. But, it is a book for any adult, especially those in the military. In fact, Wikipedia mentions that this short novel has been suggested reading for the Marine Corps.

Orson Scott Card wrote "Ender's Game" in the eighties, but the concepts of struggle, war and family are timeless.

Andrew Wiggin was born a Third. He lives

in a world where there's a limit to the number of children a family can have, only two. The first child his parents had was a boy, Peter, who is brilliant, but cruel. The second child, Valentine, a girl, was also brilliant but way too empathetic. The government, hoping for a perfect mixture of temperament and brilliance, allows a third to be born. Andrew, also called Ender, is the perfect mix. He is empathetic, but cruel when he feels his survival is threatened. The government, all of Earth, look to him in hope to defeat the "buggers," an alien race that has already attacked Earth twice.

Science fiction is a tricky genre. The best science fiction can transcend the genre by

relating the fictional world to our real one—drawing parallels that let us see ourselves and our reality from new angles. "Ender's Game" does this.

At battle school Ender learns to become a commander, not just by playing simulations and computer games but by interacting with his schoolmates, gaining their trust, allegiance and obedience. He taught me how to be a better NCO!

Card's writing is fluid. He keeps the action going from the time Ender is 6 and entering the battle school to the age of 11 when he's a commander. Although Ender is a child throughout, he thinks and acts much like an adult—he has a wisdom and insight that I admire. Every battle he fights and every game he plays—with bullies, with buggers and with himself he survives. Winning is surviving for Ender.

For me, Ender's story won my heart and respect. 🏠



Courtesy of Tor Books Publishing



You call it, we haul it

Housing staff strives to supply home essentials for JTF Troopers

Story and photos by Sgt. Cassandra Monroe

Staff Writer, thewire@jtfgtmo.southcom.mil

It's 6 o'clock at night and your shift just ended at work. It's been a long 12 hours and the first thing you can think of is getting those boots off and relaxing, but you remind yourself that you must eat and conduct physical training. Once you finally get home for good, you're able to relax.

For some, relaxation is turning on the television to catch-up on recent sitcom episodes or playing video games. For others, reading a book and resting in a comfortable bed is preferred. Something most Troopers may have in common is the need for housing necessities; items that make their living conditions more bearable.

Luckily, Troopers can rely on the Joint

Task Force Guantanamo Housing team to take care of these necessities.

"We do replacement of furniture fixtures and equipment," said Air Force Capt. Gina Schneider, the housing officer for JTF Housing. "We also support all JTF Troopers with housing reservations when they arrive on island."

The team supports more than 1,700 JTF personnel on both JTF and Naval Station Guantanamo Bay side, making life more comfortable for those serving here on deployment.

"There's so much to do and so few of us, but it's great to know that we get to help so many people," said Schneider.

Marine Corps Cpl. Mark Daoud, the assistant facilities manager for the JTF Directorate of Logistics housing team starts his day by reviewing the work orders submitted by troops, then decides if an inspection is necessary prior



to delivering equipment to a room. With designated work orders ready for fulfillment, Daoud loads the equipment into his large truck and sets off for delivery. Although the housing team primarily supports JTF, Daoud must still deliver equipment to individual rooms on the Naval Station side of the island.

“If there wasn’t a housing side that the people needed, they would be a little uncomfortable and their morale and troop welfare would go down,” said Daoud. “By making sure that the Troopers get the equipment and supplies that they want and need, it makes their jobs and day-to-day lives a little easier.”

A good portion of equipment that the housing team maintains ranges from beds, wall lockers and armoires, to electronics and appliances like televisions, microwaves and refrigerators. If Troopers come across problems with these items, they are encouraged to fill out a work order at their housing unit’s maintenance office. According to Daoud, when filling out the work order, it is essential for the Troopers to annotate the model of electronic equipment as well as the specific deficiency.

Troopers are also encouraged to prepare their rooms for entry prior to equipment delivery, ensuring a fast turn-around in new equipment delivery for both themselves and Daoud.

“The small things go a long way,” said Daoud. “If you know you’re ordering a fridge, make sure the food isn’t perishable, so that way I can replace it quickly and get rid of the old one. Be prepared if you’re going to request something.”

Hauling around heavy equipment and making multiple deliveries, which often leads to working longer than normal hours, is all in a day’s work for Daoud. He said his job provides a positive presence to the JTF Troopers.

“We’re making a name for the housing team here,” he said. “The deliveries are faster and people can actually feel comfortable asking for different things knowing that their calls will be answered. To me, what makes the job worthwhile is making sure the Troopers are taken care of. Their wants become my wants, their needs become my needs. That’s what makes me work a little harder and faster.” 🍌



Marine Corps Cpl. Mark Daoud, assistant facilities manager, Joint Task Force Guantanamo Directorate of Logistics housing team, oversees equipment being lifted onto his flatbed truck, July 1, at U.S. Naval Station Guantanamo Bay, Cuba.



Marine Corps Cpl. Mark Daoud, assistant facilities manager, Joint Task Force Guantanamo Directorate of Logistics housing team, loads televisions and other electronics into a flatbed truck, July 1, at U.S. Naval Station Guantanamo Bay, Cuba. Daoud manages the accommodations in the JTF-GTMO Trooper housing.



Photo by Petty Officer 2nd Class Elsie Alexander



A photographer's Dream

Hobbyists and amateur photographers get instruction from PGA Tour professional

Story by Petty Officer 2nd Class Oliver Cole
Radio GTMO, thewire@jtfgtmo.southcom.mil

If you have the eye for it, and you know where to look, U.S. Naval Station Guantanamo Bay is full of beautiful scenes to capture forever. All you need is a camera.

"It doesn't matter if you have an expensive DSLR, a point and shoot or an iPhone, if you know the basics, you can take pictures anywhere," said PGA Tour photographer Chris Condon.

July 21, the GTMO Morale, Welfare and Recreation program hosted a photo safari, led by Condon and members of the Joint Task Force Guantanamo Public Affairs Office. With more than 20 years experience, Condon provided base residents and JTF-GTMO Troopers with basic photography skills before turning them loose on an outdoor photo shoot.

"We went over a lot of the rules of photography like what makes a good photograph versus a bad photograph and how to use your flash," Condon said. "Then we had some question and answer sessions and went over some people's equipment."

For the JTF-PAO, the day was a way to meet people from the base and to share their own knowledge on photography, keeping their own skills fresh.

"I love interacting with people and sharing my knowledge," said Army Staff Sgt. Lasima Packett, media relations team assistant noncommissioned officer in charge. "It was a pretty great opportunity for us to share our skills. It



Photo by Petty Officer 2nd Class Oliver Cole/Radio GTMO

PGA Tour photographer, Chris Condon, shows a photo class student techniques on a Nikon camera July 21, at the Lighthouse.

makes us stop and think, so it's like a review for us also."

With 50 participants seeking insider knowledge of picture taking, the volunteers from the PAO team made one-on-one sessions feasible for those base residents eager to learn.

In the afternoon, the participants converged on the lighthouse and beach areas to apply the technical aspects they learned in the morning during the session. For Elsie Alexander, a photo safari participant, the on-location shooting was enjoyable as well as informational.

"My favorite part was actually going out in the field and taking pictures,

applying what we sat down in the class and learned."

Whether participants were there to learn how to take better pictures on vacations or simply use their equipment, Condon was able to give each person knowledge about photography to improve their shots.

"We talked about composition and getting up high and getting down low and I'm looking around and seeing people laying on the ground and crawling up on top of things and looking at things from a different perspective," said Condon. "That means they were actually listening and they got something out of what I was saying." 🌟



Photo by Lt. Col. Jerome Hurtgen



Photo by Lt. Col. Jerome Hurtgen



Photo by Petty Officer 2nd Class Elsie Alexander



Photo by Stephen Prestesator/MWR

Participants of the photography seminar hosted by MWR and featuring Chris Condon, PGA Tour photographer, pose at the end of a photo safari July 21.

Photography Do's & Don'ts

The Rule of Thirds



When looking through the lens, split your view into a 3x3 grid and align your subject with these lines instead of centering it. It makes your photos more interesting.

Know Thy Camera



Spend some time learning all the features and controls of your camera. The more you know, the better your photos will be.

Try Using Fill Flash



Using the flash, even in full sunlight, can add some brightness to foreground objects and make them "pop" a little more.

Don't Touch the Lens



Touching the lens will leave fingerprints and make parts of your photos blurry. Use a micro fiber lens cloth to clean your lens.

Take What You Need



When going on a photo excursion, pack a bag with sunscreen, water, extra memory cards, a notepad, and a rain jacket. Be prepared!

GTMO No Go's



Avoid coastline photos anywhere on the JTF side. Photography is prohibited from Windmill Beach back to the island and Camp Iguana.



No JTF Facilities: No camps, no Cuban towers, no New York tower, no security cameras, no salley ports or defensive posts.



No Detainees: No photos of detainees or their movements.



No JTF Personnel: Do not take photos of JTF personnel without getting their approval first.

Serving up Sandwiches with a Smile

Story and photos by Staff Sgt. Aaron Hiler

Graphics Editor, thewire@jtfgtmo.southcom.mil

If you venture over to Camp America and go to the Seaside Galley, not only will you see deep-blue, rolling waves but you will also experience true hospitality.

Philip Dela Vega – otherwise known as Phil the Sandwich Guy, is just one of the friendly faces you'll see. But for the regulars who come through his line, they know one thing is constant; Vega will serve that sandwich with a smile.

"I really enjoy his sandwiches," said Army Capt. Todd Taylor, Joint Task Force Guantanamo, Joint Visitor's Bureau. "They are constantly well-made and I always see a smile on his face."

Originally from the Philippines, Vega came to Guantanamo Bay nearly five years ago to work in the galleys. Formerly a grocer, he jumped at the opportunity to learn skills that would provide a career and a better income to support his family.

"I have an eight month old son," Vega said, "and this helps me provide for him better."

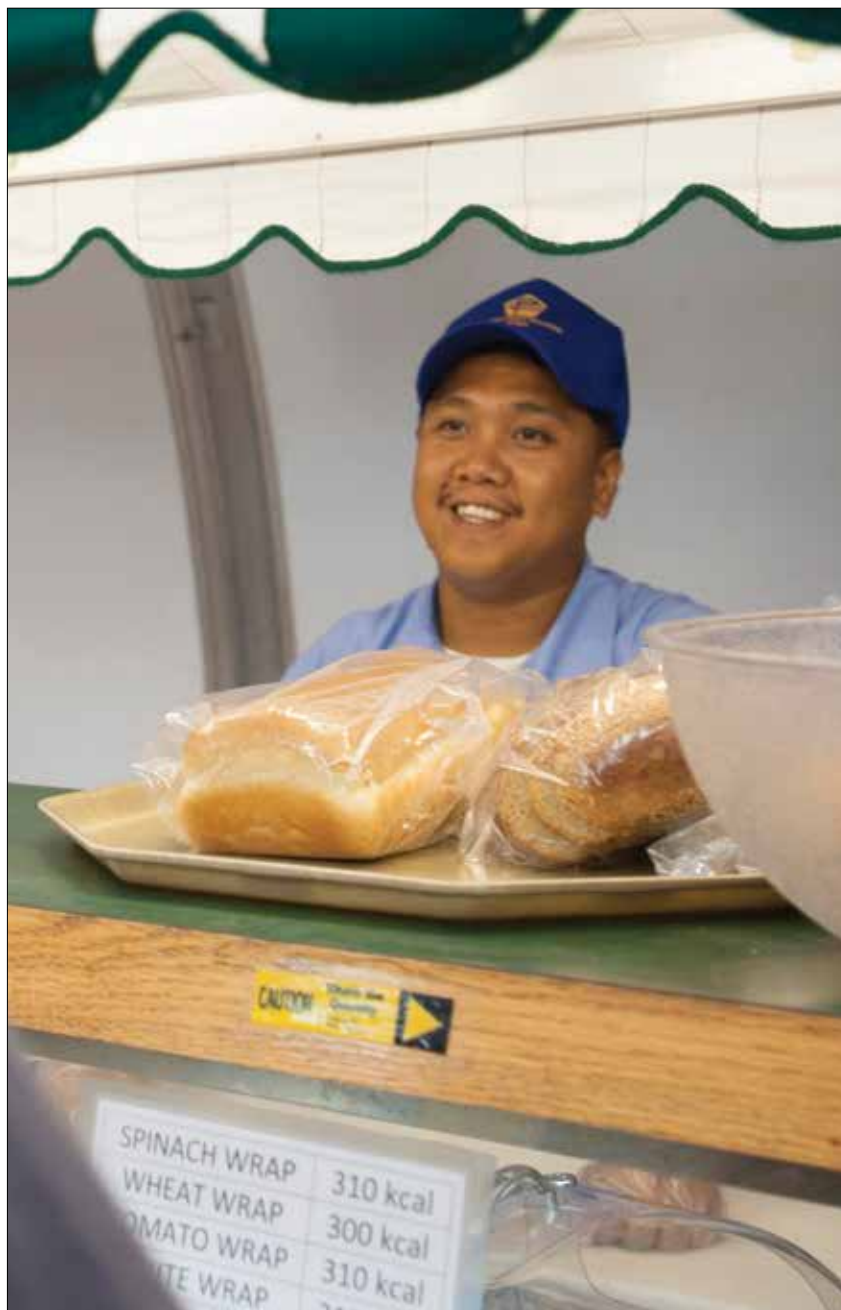
While family ties helped him find this opportunity, it has been his own dedication to quality and his desire to make a positive impression on the Troopers of JTF that earned him a place at Seaside Galley.

In addition to his good people skills, Vega knows a thing or two about eating healthy. With all the options available at the Seaside Galley, it's important to know what to eat if you are watching your weight.

"I would tell people, if you're trying to stay slim don't choose the roast beef," Vega advised, "it has high calories and high fat. Try the turkey instead."

No matter what the sandwich, as customers walk away from the deli cart, one thing is always certain -- the parting phrase that Vega leaves Troopers with.

"You're welcome," he said. "Have a nice day!" 🍌



Philip Dela Vega displays his trademark smile as he takes a deli sandwich order from Troopers at the Seaside Galley July 18. Vega hopes that his culinary efforts and his smile will lift the spirits of Troopers at Camp America.

Training and teamwork at JTC

Battalion surgeon finishes first triathlon, credits comrades at clinic

Story and photos by Spc. Lerone Simmons

Staff Writer, thewire@jttgtmo.southcom.mil

Arriving for work at 6:30 a.m. every morning, to begin caring for troops is a job that Capt. Abigail Vargo does Monday to Friday. As the Joint Trooper Clinic battalion surgeon for Joint Task Force Guantanamo Bay, she spends her days on the move, working alongside Navy Corpsmen and Army medics to ensure proper medical care of all Troopers stationed at the JTF-GTMO.

Aside from seeing patients, she

oversees medical evacuation, off-island MRI's, completes Line of Duty paperwork for Army National Guard and Reservists, keeps commands updated on medical issues and helps with planning and preparation of medical assistance at weather evacuation sites.

Since Vargo came to GTMO in July, 2012, the clinic has transitioned from 100 percent walk-ins, to more scheduled sick call appointments.

She attributes her officer in

charge of the JTC and Physician Assistant Maj. Erin Driver's forward thinking of "preparing for the worst and hoping for the best" to staying ahead of the game when it comes to mission specific tasks.

Luckily for her as a provider, the combination of new appointment schedules and mentor motivation has given Vargo a little more time to expand her own physically active lifestyle, and given her the opportunity to add triathlon winner to her resume.

Vargo won the individual female championship medal for the Morale, Welfare and Recreation program's Guantanamo Olympic Triathlon with a time of 2:56:09 on June 29.

"Finishing, for me, was more important than winning," she said. "I felt good about the race overall and had no expectations on what my times would be for each event.

"Maj. Driver is one of the main reasons that I was able to compete, because she picked up my shift the day of the triathlon and also encouraged me to do it," said Vargo.

Her athletic feats go as far back as competing on her hometown high school swim team in Littleton, Colo. Later, she would compete at Wheaton College in Illinois.

Capt. Elizabeth Johnson, commander for the 189th Military Police Company, offered up her bicycle to Vargo to save her from using her own mountain bike on the paved roads.

Vargo trained during the month of March and also managed to train after work, either going on a bike ride or for a swim; one of her favorite stress relievers.

Even though Vargo completed the triathlon as an individual, colleagues made adjustments that helped her along the way, proving that everything is relatable and teamwork can also help someone run their own race. 🌟



Capt. Abigail Vargo checks a patient at the Joint Trooper Clinic.



MWR celebrates grand re-opening of sand court with tournament

Story and photo by Staff Sgt. Lorne Neff
Staff Writer, thewire@jtfgtmo.southcom.mil

Beach volleyball officially returned to Guantanamo with a nine team, all-day, double elimination tournament held on the newly renovated court July 20, 2013.

"This is our inaugural event, our grand re-opening. Hopefully all these people will start utilizing it because it's very nice," said Jim Holbert, the Morale, Welfare and Recreation sports coordinator.

MWR workers constructed the court, which sits between the batting cages, and basketball court next to Denich Gym.

"This court underwent major renovation," said Holbert. "We dug it out and put down a whole new foundation including drainage pipes. Before, when it would rain, it would puddle up on the surface. All the concrete got poured to hold the sand in."

"MWR has done a great job putting this together, it's a vast improvement over what they had out here," said Art

Torley, a civilian contractor for MWR, volleyball commissioner and referee during the tournament. Torley has worked at GTMO on and off since 1987 and says it's been over a decade since they opened the last court.

"The sand is amazing, we came out here and we rocked it," said Amber Ledman, an Air Force supply sergeant and one of the team captains for the Base Engineer Emergency Force.

"Our whole squadron came out together and had three separate teams, but we supported each other and had fun."

"It's a nice court, it's one of the nicer ones I have played on," Said Holbert. "You don't feel trapped in it. There is a lot of space to run around and dive for balls and just kind of let loose."

The Gold Diggers won the tournament, made up of contractors and others, who came back from the loser's bracket to defeat LBC, a team of Coast Guard reservists from Long Beach California in two straight matches to take the title.

"It was a tough challenge, we just

played them in the indoor volleyball final," Said Sikender Rai, civilian contractor and team captain.

"It's always a pleasure to play these guys, we had to comeback from the loser's bracket and that made it all the sweeter as well," said Kenneth Arhur, a contractor on the team.

"The wind made it really tough, but everyone had a good time and it was well worth it," he said.

Holbert said he was really appreciative of all the volunteers who helped out.

"They do a great job," said Holbert. "They sign up and usually bring a couple of friends and they've been great. Some do it for the volunteer medal but whatever the reason, it's a great way to get out of your rooms, and it's a great unit activity. I just really appreciate them."

Holbert also added that the court is available to play any time.

"You can come to Denich Gym to reserve it," said Holbert. "If you're driving by and there is no one on it, help yourself, that's what it's there for; if you just want to practice or play a game." 🏐

How to make sure muscle is all you get from the gym

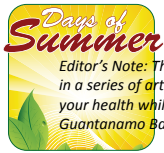
Cleanliness is key when workin' on your fitness

Story by Sgt. 1st Class Gina Vaile-Nelson
Editor, thewire@jftgmo.southcom.mil

A good workout at the gym typically elicits thoughts of fat burned, muscles toned and satisfaction. The last thing on any fitness buff's mind is Strep, MRSA or bacterial infections.

"You don't know whose sweat that is on the bench press," said Hospital Corpsman Nathan Tate, behavioral health technician for Joint Task Force Guantanamo, Joint Medical Group.

There are at least six germs frequently found in the gym: Human Papillomavirus, Klebsiella, Staphylococcus Aureus, Streptococcal Bacteria and Influenza. (Yes, there is a test at the end of this article.)



Here is what you need to know about each of them: they're gross, they thrive in warm moist environments and you can protect yourself without wearing MOPP level four to the gym.

"Always wipe down equipment before and after use," Tate said. "The base facilities provide antibac-

terial wipes for this reason alone."

We've all been there, walk in and hop right on the machine. But if the person who used it before you didn't wipe it down, you're now host to the millions of microbes he just left for you. And while some infections are only spread through skin-to-skin contact, others can be absorbed through skin-to-surface contact.

"The gym is a great breeding ground for bacteria and infections, from the squat rack all the way to the shower," Tate said.

In addition to the wipes, towels placed on benches or seats provide an extra layer of protection against the pesky bacteria you can't see. And if you're that Trooper who is always touching your face to wipe the sweat away, or brush the hair out of your eyes, you may want to think twice. Tate recommends using a different towel or avoiding touching your face all together, and ensuring your feet are covered.

"Wash your hands often, and avoid touching your mouth and nose," he said. "Never walk anywhere with bare feet."

If you need to take showers at the locker room or a communal shower, Tate said an investment in shower shoes is necessary. It will ultimately prevent you from investing in athlete's-foot spray. And speaking of showers, it's important to change your clothes and conduct hygiene quickly after your workout to prevent the bacteria from multiplying – or spreading to other areas of your housing unit.

"Shower after you exercise because it's important that you wash your entire body to rid yourself of any germs you may have picked up while working out," he said.

Tate also said it's important to eat well and get plenty of sleep in order to allow your muscles – and immune system – time to recover.

"While you're sleeping, your immune system goes into high gear to ward off possible infection," he said.

But let's say that after a few good workouts, you're feeling a little run-down. You may have picked something up – other than that 35-pound kettle ball.

"Most illness you can contract at the gym can be simply treated with the right antibiotic or anti-fungal cream," Tate said. "Between the Joint Trooper Clinic and the Naval Hospital, Troopers have access to the medical care they need." 🍷



CANDIDA

What is it? A yeast-like fungus

Symptoms: Usually a skin rash or irritation that forms on the toes, hands or anywhere exposed. It typically comes out as Ringworm, Athlete's foot or Jock Itch. Look for cracked, flaking or peeling skin, rings or rashes

Where'd it come from? Candida thrives in warm, moist areas so gyms, locker rooms, pools and showers are the ideal place to pick these guys up

How to get rid of it: You can try over-the-counter antifungal creams, but if you get an infection, go to the TMC for antibiotics

HPV

What is it? The most commonly transmitted STD, but you don't have to have intercourse to get it

Symptoms: Warts – the Planter kind

Where'd it come from? From walking around barefoot in showers or other areas

How to get rid of it: There is no cure for HPV, but prescriptions can treat outbreaks

INFLUENZA

What is it? The flu. A virus that takes over and makes you crabby

Symptoms: Fever is the first dead give-away. Followed by aches, dizziness, sneezing and coughing, headache, lack of energy and nausea. Symptoms generally last four to seven days

Where'd it come from? You breathe it in, or touch someone's droplets from a sneeze or cough and then touch your own nose or mouth. So, if you're feeling sick, stay home from the gym!

How to get rid of it: OTC medicines help with the symptoms but there is no cure. Ride it out, and get some rest

KLEBSIELLA

What is it? Bacteria found in healthy human intestines

Symptoms: Variety of infections including: urinary tract, pneumonia, blood infections or meningitis

Where'd it come from? You pick it up from contact with shared surfaces like workout mats, weights, cardio machines and locker benches

How to get rid of it: Some Klebsiella is antibiotic resistant, but typically a round of antibiotics will knock it out. Best treatment method is prevention – so wipe down everything you touch with antibacterial wipes

STAPHYLOCOCCUS AUREUS

What is it? Staph is the common name. Skin infections is it's game

Symptoms: Rashes, pimples, boils – oh my. But Staph can become life-threatening if it gets deep into your skin. An aggressive form of Staph, MRSA, can be found in gyms, but is rare

Where'd it come from? Through contact with a shared towel, equipment (like the grips on weights), skin-to-skin contact

How to get rid of it: Get to the TMC for antibiotics

STREPTOCOCCAL BACTERIA

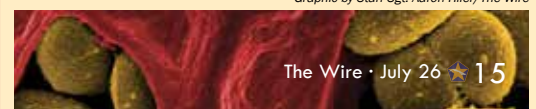
What is it? Strep throat – or any one of the 20 other types of Strep that causes anything from skin infections to pneumonia.

Symptoms: Sore or scratchy throat to blisters, rashes or unexplained skin infections

Where'd it come from? The most contagious, it is spread through contact with nearly anything the infected person touched. Any piece of equipment is game for this one

How to get rid of it: Get to the TMC. They'll hook you up with antibiotics, then stay away from people for a while

Graphic by Staff Sgt. Aaron Hiler/The Wire





**NAVSTA
Legal Assistance Office**

Bldg 760, ext. 4692

Do you need help with bills of sale, powers of attorney, notarizations, and other legal matters? Because the walk-in hours for the Legal Assistance Office change frequently, please call our

Legal Assistance Hotline
Ext. 4692

We want to ensure that you get the legal help you need, so please call ahead. Leave a message if you need to – the voicemail is checked regularly so that you get prompt service.

Join
**The Wire's
Team**

The Wire is always looking for story ideas, writers, and photographers to help us bring JTF Guantanamo to life.

Do you have a story that GTMO needs to hear?

Did you snap a photo that you want to share?

Drop us a line at
thewire@jtfgtmo.southcom.mil
and let us know!

New JSMART Hours!

JSMART would like to announce their new hours to serve you better

M-W-F: 6 a.m. to 5 p.m.

T-Th: 6 a.m. to 8 p.m.
New evening clinic!

Our JTC Hours:

M-W-F: 8 a.m. to 12 p.m.

The Wire

**CLASSIC
CORNER**

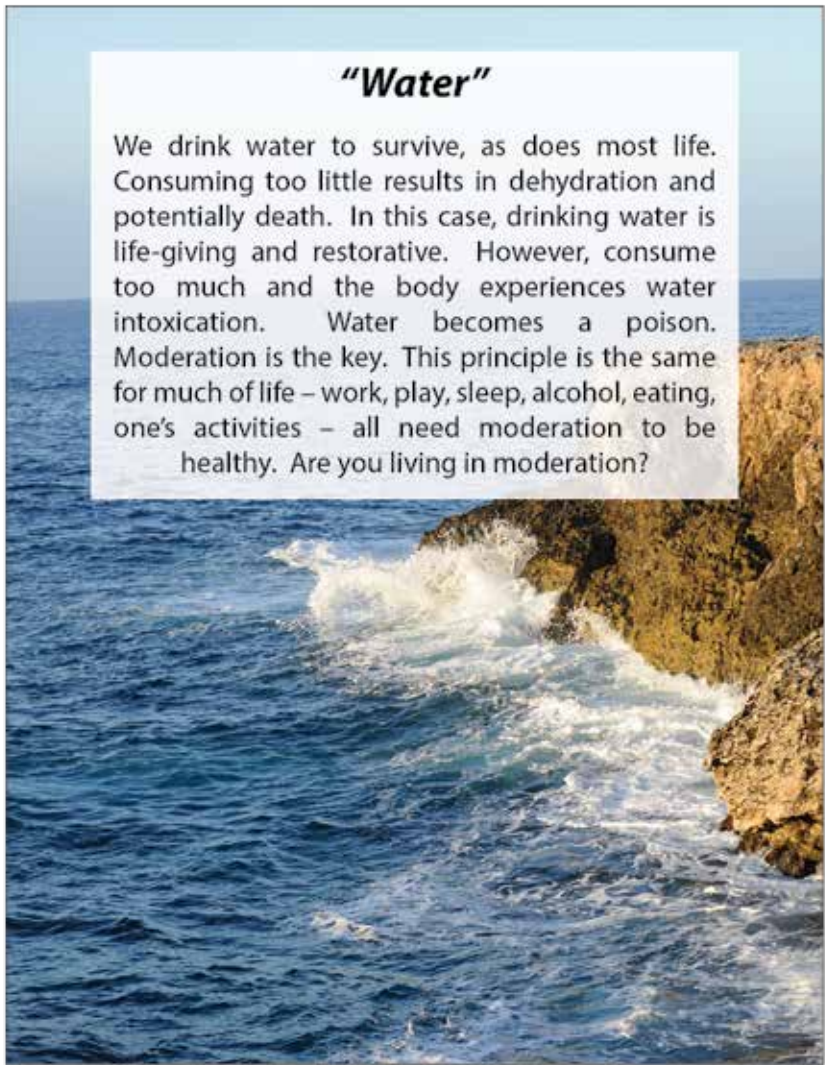
Fight Complacency

Complacency ...

1. Self-Satisfaction, especially when accompanied by unawareness of actual dangers or deficiencies.
2. A feeling of being satisfied with how things are and not wanting to try to make them better.

Keep your eyes wide open and your head on a swivel. Fight complacency! Protect sensitive information! Use OPSEC!

Chaplain's Word of the week:



MARBLEHEAD LANES

Red Head Pin Bowling

On Thursday nights, roll a strike with a red head pin and get a free game.

Cosmic Bowling

Fridays & Saturdays, 9:00-11:30 pm

Take bowling to new heights with cosmic lights, a stellar sound system and videos by request on 4 big screens. Your cost is \$13, including shoes and 2 1/2 hours of bowling.

Marblehead Lanes

Mon–Fri: 5:30-11:00 pm

Sat: 1 pm to Midnight

Sun: 1-11 pm

ext 2118



GTMO JOE by Spc. David Marquis



Army changes promotion eligibility

Online training required in '14; no waivers for NCOES

By Lisa Ferdinando

Army News Services

The Army will soon require noncommissioned officers to complete online training prior to promotion eligibility. Additionally, NCO schools will no longer be waived.

Beginning Jan. 1, 2014, the Army will formally link completion of Structured Self Development, or SSD training, with professional military education courses for promotion eligibility.

The changes are outlined in Army Directive 2013-15, dated July 1.

Gerald Purcell, Army personnel policy integrator for NCO Professional Development, G-1, said the goal is to shape a new career timeline for NCOs that includes all the tenets of leader development, including education, training and experiences.

"Over the last 10 years, we were really an Army out of balance in terms of those three tenets of developing leaders," Purcell said. "The accumulation of experiences alone does not equate to a fully-developed leader."

The change is part of an initiative to select, train and promote Soldiers who are best qualified in their current grade, and who show the greatest potential to serve in positions of increased responsibility, Purcell said.

"Our NCOs are charged with the training and care of our Soldiers while enforcing standards, so it is imperative we equip them with the best tools we can to help them do their job," said Sgt. Maj. of the Army Raymond F. Chandler III. "Connecting the NCO Education System and promotions in a deliberate, continuous, sequential and progressive manner produces the best NCO Corps possible. It gives us the competent and committed leaders of character our Army needs and deserves."

The effort, according to Purcell, will foster a balance of training, education and experience, while encouraging life-long learning and development of broadly-skilled NCOs. Another important aspect is to sustain an all-volunteer force by providing viable career paths.

He said that while the Army is an efficient organization that is effective operationally, the other aspects of leader development must not be overlooked.

"We've really paid the price because while operational experience is great, it in and of itself doesn't make great leaders because you still need the education and the training to round it all out," said Purcell.

NCOs had been allowed to serve 30 years, and then would have to retire. Purcell said the NCO timeline was extended to 32 years to allow for the completion of those three tenets and to foster the development of the world's most professional NCO Corps. This timeline facilitates an environment where Army Professionals can meet the Army's certification criteria of competence, character, and commitment.



The Army is an "up or out" organization, Purcell said. The policies support a fundamental baseline by which professionals remain technically and tactically proficient with continued opportunities for development and advancement.

The directive says Soldiers should be considered for promotion when they achieve competency in their current rank and exhibit the potential to serve successfully at the next higher rank, which entails an increased level of responsibility.

The areas Soldiers must excel in to advance include professional competence, team building, adaptability, lifelong learning, and comprehensive fitness.

The directive states waivers for the Warrior Leader Course, known as WLC, will no longer allow sergeants to be considered for promotion.

Soldiers who had been previously granted WLC waivers must graduate from the course no later than Sept. 30, 2014. Soldiers who are deployed when the changes go into effect, Jan. 1, will have up to 270 days after redeployment to complete the course. Reserve-component Soldiers will have up to 270 days after release from active duty to complete the WLC.

The directive says Soldiers who do not complete the required WLC training will be removed from the promotion list for staff sergeant or reduced to sergeant. 🚫

Meals with monroe

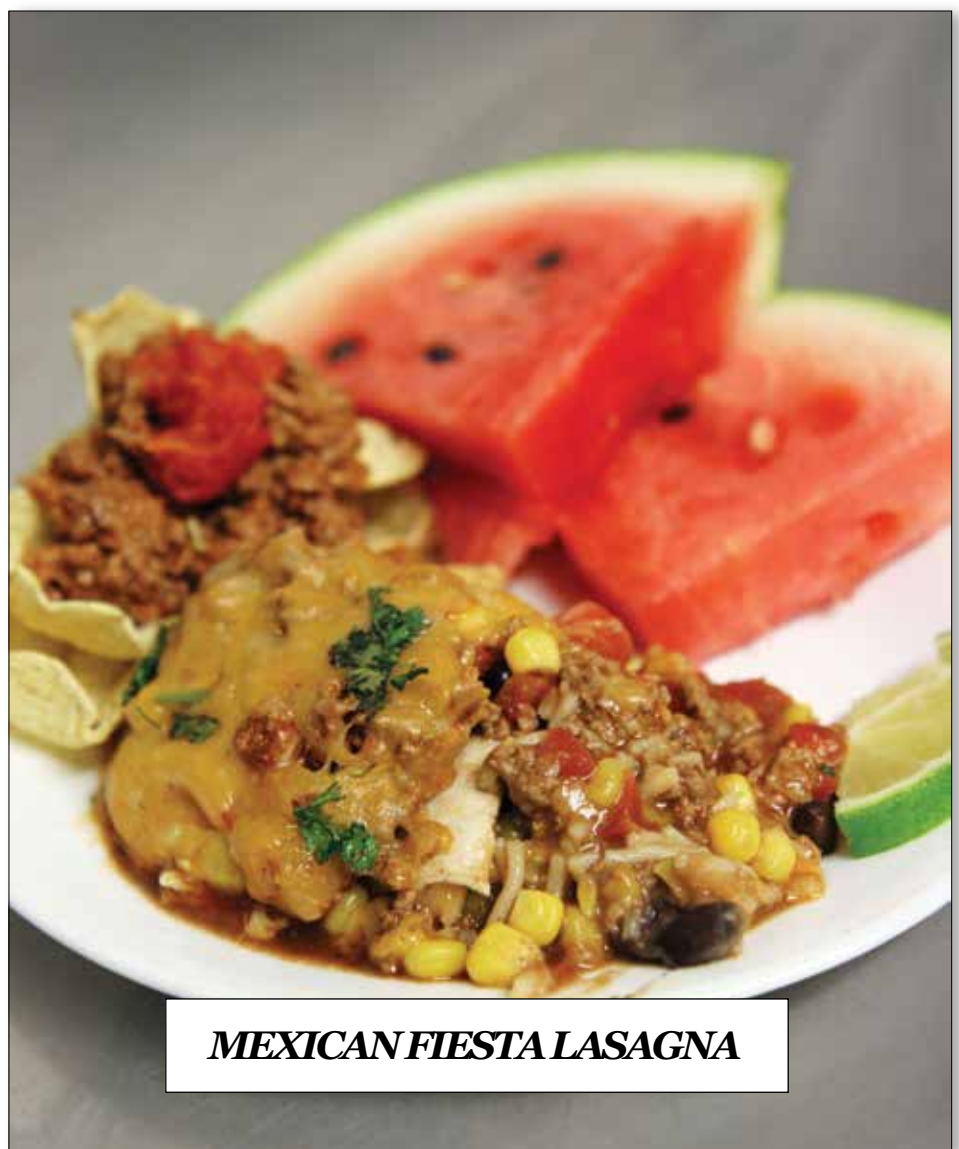
*I love this dish! If you're looking for a semi-homemade, easy dish to bring to your block party or to a unit get-together, try this Mexican Fiesta Lasagna. I promise, you will have no leftovers. A great thing about this dish is that you can alter it to your liking! Try it with chicken, try it spicier, or make it into a burrito. This recipe was sent in by **Sgt. 1st Class Gina Vaile-Nelson**.*

Chop **one large onion** and **one yellow or red pepper** and sauté in a pan with some **garlic, salt and pepper**. Chop **cilantro** and in a separate pot, boil a bag or a box of **Spanish rice**, and add cilantro. Once veggies have begun to brown, add about two pounds of **ground beef**. Sprinkle **garlic, salt and pepper** to taste on top of the meat (if you like spicy, you can also add **crushed red peppers** while the meat is browning). Brown meat and drain.

Spray a large baking pan with Pam. Cover the bottom of the pan with **flour tortillas**, one can of **refried beans**, one can of **black beans**, one can of **corn**, one can of **rotel tomato with green chilies**, some of the cooked **rice**, the **ground beef**, **Mexican shredded cheese** (about half a bag.) You can add **jalapeno peppers** if you like a little heat.

Top off with another row of flour

tortilla and repeat the process, (**so you'll need to buy a total of two of the canned ingredients.**) Top your lasagna with one final layer of tortillas, then your favorite taco or enchilada sauce and cheese. Bake in the oven at 375 F for 15 minutes or until cheese melts. Garnish with cilantro and **sour cream**. Serve with **chips**.



MEXICAN FIESTA LASAGNA



p.s.
(one last thing)

I want to hear from you! Did you try my recipe and loved it? Did you try my recipe and hated it? Well... that's too bad, but email me anyways! If you have a recipe you'd like for me to try, **contact me!**
cassandra.l.monroe@jtfgtmo.southcom.mil

Looking for something to do this weekend or early next week? Check out these events brought to you by the Morale, Welfare and Recreation office:

Bayview Club

Surf & Turf Night


Come to the Bayview Club for Surf & Turf! Enjoy an 8 oz. ribeye steak and sauteed shrimp. Includes a house salad, baked potato, veggie of the night, roll and butter – all for \$12.95.



Bayview Club Hours
Thurs.: 5:30-9 p.m.
Fri.-Sat.: 6-9 p.m.
Sun.: 10 a.m. to 2 p.m.
ext. 75604

LIBERTY
GUANTANAMO BAY, CUBA

Saturday, July 26	Geo Caching Tournament Deer Point - 9 a.m. Caf ext. 2010
Tuesday, July 30	Sunset Cruise Marina - 6 p.m. Caf ext. 2010
Thursday, August 1	Ping Pong Tournament Corp America - 7 p.m. Caf ext. 2010

One of the students from last weekend's MWR Photo Safari took this wonderful shot of the Guantanamo Bay lighthouse. *Strong work!*

Send your best photos to thewire@jtfgtmo.southcom.mil

PHOTO OF THE WEEK